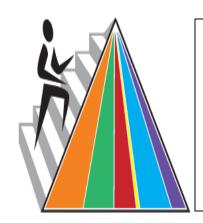
Diabetes Brown Bag Telehealth Lunch Series



3rd Wednesday of each Month

12 – 1:00 p.m.

Wednesday, February 15, 2006 New Food Guide Pyramid

Nedra Christensen, PhD, Associate Professor, Utah State University

Dr. Christensen will be presenting on the new food guide pyramid and will also navigate through the My Pyramid tool found at www.mypyramid.org. Additional topics for discussion include calculating energy needs and nutrients for specific food items, synchronizing portion sizes with nutrient goals, and identifying resources for diabetes and cardiovascular disease.

- CEUs offered for nursing and dietetics for all diabetes Telehealth programs -

Upcoming Presentations:

March 15, 2006 – Increasing energy levels with physical activity
April 19, 2006 - Driving with Diabetes

Please use attached registration form. (Register by February 10th for this program)

Utah Diabetes Prevention & Control Program
Utah Department of Health
P.O. Box 142107
Salt Lake City UT 84114-2107

List of Utah Telehealth Sites: http://www.utahtelehealth.net/utn.pdf

Valerie Pe'a / Betsi Patino Phone: 801-538-6593 Fax: 801-538-9495 E-mail: bpatino@utah.gov

Contact Valerie Pe'a / Betsi Patino to schedule telehealth video or telephone links

For technical assistance on the day of the conference, call Pat Bryner 801-585-2426

http://www.health.utah.gov/diabetes/education1/telehealth.htm